

INSTRUCTIONS

© C.H.E.K Institute, 2000-2002

Hi! I'm Enduraman! Congratulations on your purchase of a DuraBall Pro. Let me show you how to properly inflate and care for your ball.

When inflating the ball for the first time, fill it to 80% of its maximum size. This is about 4"-6" (10-15cm) smaller than its full size. Then put the plug in the hole.

The ball will be quite soft at this stage. If you press it firmly with a finger, you will create a dent about 6" (15cm) across.

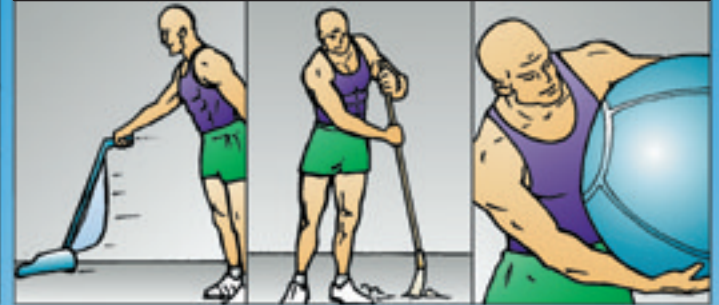
IMPORTANT!

- Wait 24 hours after inflating the ball to 80% before blowing it up to the right size for you - see chart below.
- Make sure your ball is at room temperature before inflation. Avoid blowing the ball up at temperatures below 64°F (18°C) or above 90°F (32°C).
- Do not over-inflate your DuraBall Pro, as this may damage the ball.

When inflated to the right size, the ball will be quite firm, especially if you are going to use it for exercise. The dent created by your finger will be about 2" (5cm) across.

CORRECT FIRMNESS FOR EXERCISE

Wait 24 hours before using your DuraBall Pro for the first time. Before each use, you must check the floor thoroughly for sharp objects. Do not exercise around objects with pointed corners or furniture. Check your ball for splits, punctures or foreign objects, and replace the ball if any are found. Do not patch or repair punctured balls.



Selecting the correct size ball

Choose the size based on your height and your intended use. When sitting upright on the ball, your thighs should be parallel or slightly above parallel to the floor, with your knees level or just below the height of your hips. A ball used for exercise should be quite firm. A sitting ball should be softer and more forgiving. If you have selected the correct size ball, you should never need to inflate the ball above the maximum diameter.

YOUR HEIGHT	MAXIMUM DIAMETER OF BALL FOR EXERCISE	FOR SITTING
<5'2" (<1.6m)	45cm (18")	55cm (21½")
5'2" to 5'8" (1.6m to 1.75m)	55cm (21½")	65cm (25½")
5'8" to 6'2" (1.75m to 1.9m)	65cm (25½")	75cm (29½")
>6'2" (>1.9m)	75cm (29½")	85cm (33")



DIAMETER

Testing the DuraBall Pro

The DuraBall Pro was developed in Australia using a high-tech material called Duralon™. Rigorous testing at the University of Newcastle has shown the balls are burst-resistant to greater than 500kg (1100lbs) of load. The static rating exceeds 1000kg (2200lbs), which means the balls have withstood compressive loads exceeding 1000kg.



WARNING!

Never kick your DuraBall Pro. Keep it away from sharp objects, corners of furniture and/or gym machines as these can cause damage to the material. Keep your ball away from direct heat - never leave it by a heater, fireplace or in an automobile where it can get hot - it may burst. When exercising, make sure you have sufficient space and a suitable, flat, non-slip surface. Move furniture and use an exercise mat if needed. Always perform exercises correctly and seek instruction from a qualified professional if unsure of proper technique. Do not attempt exercises that are too advanced for your level of conditioning. If you feel pain or discomfort, stop exercising and consult a health care professional or physician. Children should always be supervised when using the ball.



Your DuraBall Pro has been proudly brought to you by:



C.H.E.K INSTITUTE
2105 Industrial Court
Vista, CA 92081 U.S.A

Ph: 800.552.8789 / 760.477.2620 Fax: 760.477.2630

e-mail: info@chekinstitute.com
www.chekinstitute.com

Buyer expressly assumes the risk of using the DuraBall Pro. The seller (including Durabodies, the C.H.E.K Institute and all other distributors) SHALL NOT BE LIABLE TO BUYER OR TO THIRD PARTIES FOR ANY INCIDENTAL, SPECIAL, CONSEQUENTIAL OR EXEMPLARY OR PUNITIVE DAMAGES OF ANY KIND, REGARDLESS OF THE FORM OF ACTION, WHETHER IN CONTRACT, TORT (INCLUDING NEGLIGENCE), STRICT PRODUCT LIABILITY OR OTHERWISE, EVEN IF SELLER HAS BEEN ADVISED OR SHOULD HAVE BEEN AWARE OF THE POSSIBILITY OF SUCH DAMAGES.